

## GROW RATIONALE

Grow your resilience- building up timetables and relating learning to new experiences and views about learning

Grow new found skills that we have found during the period

Growing is about providing opportunities to allow self-development, both in terms of our learning and sense of wellbeing.



## TIPS

- Encourage children to be explorers and engage in 'exploration projects' – this can be an activity where a child tries something new or does something in a different way
- Encourage children to use skills that they might have learnt at home, build in activities that orientate towards things that children have been engaged in during the lockdown period
- Use central themes to support new skills development for young children- gardening and growing things is a strong metaphor for this.
- Growing is an important theme for children as many of them will have also physically grown significantly since they have seen each other. Have positive discussions about changes and growing, encourage positive conversations about changes and differences and highlight the importance about not talking about each other negatively
- Discuss with children how we might have needed to 'grow' to deal with some more grown up emotions during this period. Reflect on how children have done this and use visual such as a tree to celebrate coping strategies and tools that they can use.
- Consider the idea that we grow resilience with children. Difficult experiences can help us to grow new skills that we didn't have before. Place 2 be have resources around the theme of growing courage called 'find your brave' <https://www.place2be.org.uk/media/ti4fo3rk/find-your-brave-activities-for-schools.pdf>

## FURTHER WORK

Monitor children who seem worried about change and who are finding emotional regulation challenging.